

TO YOUR HEALTH

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Active Aging

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and the Fitness Staff*

The World Health Organization (WHO) defines active aging as the process of improving quality of life as people age by increasing opportunities for health, participation, and security. This includes continuing to participate in the labor market, volunteering, caring for family, and engaging in social, economic, cultural, spiritual, and civic affairs. Active aging also involves being mobile, meeting basic needs, learning, growing, making decisions, building and maintaining relationships, and contributing to society.

As the years go by, more and more evidence leads to the benefits of exercising for older adults. Some of those benefits that lead to a functional and fulfilling life include lowered heart rate, improved mood, maintaining balance, lowering the risk of falls and better managing and preventing diseases such as Diabetes and Osteoporosis. These effects can lead to a higher quality of life and the continuation of independence for older adults.

There are some people who don't know where to start. Many questions arise regarding frequency, time, intensity, mode; not to mention other variables such as what type of short-term and long-term goals should be created to achieve said means.



Here are some ways to get started:

Start slowly - The key to commencing an exercise program is to determine where your level of fitness stands and start slowly. Exercising too fast or too hard can cause injury, which would lead to quitting altogether.

Find something you enjoy - Some Residents like to exercise in the Fitness Center on their own, others enjoy participating in a group exercise class, as well as having personal fitness training sessions with one of our staff members. Exercise should be fun and enjoyable, so it is recommended to tailor your program to your interests. This increases the adherence to one's fitness program.

Determine your goals - Determine which areas of fitness you want to work on, as well as maintaining the other areas of fitness in which you are performing well. For example, some people may have a high level of strength, but want to work on endurance. You could have a general

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strength plan for maintaining your strength. Put more work on a bike or NuStep machine to increase endurance. Just remember that everyone is different in terms of physical capabilities and interests. There is no one size-fits-all routine.

Set up a consistent routine - Review and update your exercise program to build on your success. Vacations or illnesses can interrupt ones' routine, but don't get discouraged. Take care of yourself as you work your way back into your program.

Speak with your Doctor - If you have any specific conditions that have an impact on your health, discuss your plans for exercising with your healthcare provider. For more in-depth information on how to get started, please consult the Fitness Staff at Carleton Willard Village.

Remember, the best exercise is the one you do!

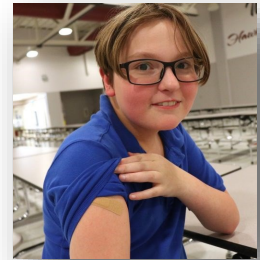
Please join the Fitness Team in celebrating

Active Aging Week
from **September 30 – October 4.**

Active Aging Week is an annual campaign launched by the International Council of Active Aging (ICAA) to promote the benefits of healthy aging and lifestyles. **The Fitness Team will be hosting a ping pong competition with staff, a walk to Great Brook Farm in Carlisle, Brain Games, a Wellness Fair and Staff and Resident Seated Volleyball, followed by an ice cream social.** More details can be found on the bulletin board by the Fitness Center, as well as signups for some of the events on Main Street.

VACCINE CLINIC

A Vaccine Clinic will take place on 10/18/24 in the auditorium. The sign up deadline is 10/11/24. Emails were sent out to Independent Residents with an email address. The Clinic can also sign you up.



Welcome Tanner!

Please join the clinic in welcoming our new Medical Assistant, Tanner Heffernan. Prior to coming to Carleton Willard, Tanner was a Medical Assistant Instructor at Lincoln Technical Institute in Somerville.

